



# COUNTYWIDE FITNESS CHALLENGE 2012

## MIX IT UP!

### LIVE WEBEX WEBINAR SCHEDULE\*

Every Thursday, 12:00pm – 12:45pm

<b>Week 1</b> May 24	Set your Health Goal	Guide on how to set a realistic health goal
<b>Week 2</b> May 31	Nutrition Basics	Overview of healthy eating guidelines
<b>Week 3</b> June 7	Control Cravings and Portion	Eat well tips to food cravings and appropriate food portion
<b>Week 4</b> June 14	Food Labels Made Easy	Simple tips to make sense out of a standard food label
<b>Week 5</b> June 21	Weight-loss Basics	Guide on energy balance, calorie intake, and BMI
<b>Week 6</b> June 28	Keep the Weight Of	Effective strategies to stick with a healthy weight-loss plan
<b>Week 7</b> July 5	Fitness Basics	Overview of fitness guidelines, safety, and health benefits
<b>Week 8</b> July 12	Move More at Work	How-to-guide to perform exercises at the workstation

\*Sessions will be recorded and available for viewing one week.